

# Akram Youth

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Dada Bhagwan Parivar



**Father's Day Special**

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**Contact:**

Gnani Ni Chhayama (GNC),  
Trimandir Sankul,  
Simandhar City,  
Ahmedabad Kalol Highway,  
Adalaj, Dist. Gandhinagar,  
Gujarat-382421  
Phone: 9328661166/77

email: [akramyouth@dadabhagwan.org](mailto:akramyouth@dadabhagwan.org)  
website: [youth.dadabhagwan.org](http://youth.dadabhagwan.org)  
store: [dadabhagwan.org/akram-youth](http://dadabhagwan.org/akram-youth)

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**Editor** - Dimple Mehta

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## Editorial

Father, papa, dad... a personality that has always remained behind the curtain. A mother's love and emotions are expressed outwardly, whereas a father's love remains unexpressed. However, his love, which appears calm and composed on the outside, has a lot of depth that we cannot measure.

Most of the time, we fail to recognize a father's love. That's why we end up giving a certificate like, "Papa never has time for me!" We overlook his care and concern for us by responding with, "Papa is always angry!" He is the one who works tirelessly day and night to raise us, ensure our good education, and provide us with a comfortable life. This special issue on "Father's Day" is for understanding our fathers better. It is my heartfelt prayer that by reading this, every reader gets the opportunity to know their father closely. Jai Sat Chit Anand!

- Dimplebhai Mehta



# Promise!

Samidhe quickly put on his uniform and gloves, grabbed his hockey stick, and came outside. The first thing he noticed was his mother and sister Reha sitting in the chairs outside the house. Both of them looked at Samidhe and gave him a cheer. Samidhe also gave them a thumbs up in return. But Samidhe's smile was not cheerful. His eyes were on the empty chair next to his mother.

"Papa didn't even come today!" A corner of Samidhe's eye became wet. For a second, he remembered the promise his father had made.

"Papa, you always say you'll come, you'll come... but you never do."

"Sorry, dear Samidhe, I couldn't make it to any of your matches. But I will definitely come to the finals."

"Promise, Papa?"

"Promise, son!"

Samidhe is the best hockey player in his college. Today is the district-level hockey final. The team that wins this match will get a chance to play in the state-

level hockey tournament. This match is very important for Samidhe, which is why he was hoping that his Papa would come today!

At that moment, the hockey team coach shook Samidhe by the shoulder. Samidhe snapped out of his thoughts.

“We are so proud of you, boy! Give your best performance today as well! All the best!”

Samidhe closed his eyes and took a deep breath. He mentally prepared himself to win the match, and the entire team stepped onto the ground to play. The first thirty-five minutes passed in a flash. Both teams were strong, so neither allowed the other to score a goal. A five-minute break was called. The coach came over to the team and discussed the strategy for the remainder of the game. Since Samidhe was in the attacker position, the coach told him to stay especially focused. Samidhe was filled with determination to lead his team to victory. The bell rang, signalling the end of the break. Before heading back to the ground, Samidhe glanced once more at the chairs. His father’s chair was still empty. He felt a little disappointed, but then he remembered the coach’s words and pushed aside all other thoughts!

The second half of the game began. The first twenty minutes went by without any goals. But in the last fifteen minutes, Samidhe scored two goals! The team secured entry into the state level, and not only that, Samidhe also received the Best Player award. Everyone celebrated with great joy.

That night, Samidhe slept peacefully.

The next morning when he woke up, his father was sitting at the dining table waiting for him.

As soon as his father saw Samidhe, he said, “Congratulations, dear Samidhe!”

Samidhe, as if he hadn’t heard anything, turned his face away and headed towards the kitchen. His father understood his feelings. He was well aware of his own mistake. Once again, he tried to call out to Samidhe.

“Son, I’m sorry. I made you a promise, but yesterday there was an exam inspection...”

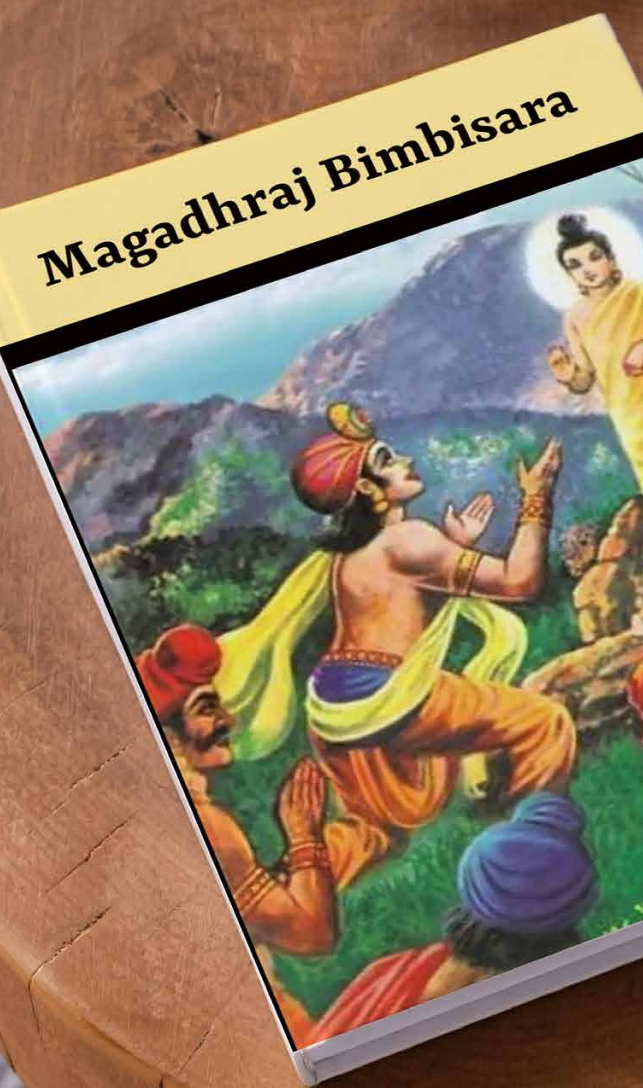
“But... again! Papa, I’m tired of hearing your excuses!”

“Samidhe, you shouldn’t talk to your father in such a loud voice! He had to go for an unexpected inspection yesterday...” his mother tried to explain. But Samidhe’s anger erupted today.

“Enough, Mom. You always take Papa’s side. No one ever thinks about me! Do you know how special this day was for me? Papa, if you had come yesterday, I would have been so happy! But since childhood, Papa has never been with me on any of my special days! All my friends celebrate their birthdays with their families, they go out, they attend annual functions. But Papa is the busiest man in the world! He never has time for me! This time, you even made a promise. But as usual, you broke it again. I’m used to it now. My promise-breaking Papa!”

“Samidhe!” Didi stopped Samidhe from speaking for the first time.

Seeing Didi’s eyes, Samidhe fell silent. “Mom, I’m going to celebrate with my



friends. I'll be back late at night," he said and went to the bathroom to shower. There was silence in the house. Everyone quietly sat down to have breakfast. Papa couldn't say anything; his heart felt heavy. Reha was observing Papa and made up her mind about something.

After showering, Samidhe came out of the bathroom. Reha went to Samidhe's room and said,

"Samidhe, you'll celebrate with your friends and not with me?"

"Didi... it's not like that. But you know, right now, I'm not in the mood to go anywhere with the family," Samidhe replied.

"Why should I be punished because of Papa? Come on, let's go to the cafe and celebrate, and then you can join your friends," Reha said, winking. Samidhe agreed.

Reha decided which cafe to go to. Both of them went to the cafe and sat on the sofa. They ordered cake and coffee. Then they talked a little about the upcoming match. In the meantime, Samidhe's eyes fell on some books placed on a table in the cafe.

"Interesting. Can we read these books?" Samidhe asked.

"Yes, people who come here for coffee can read these books. But they can't be taken away," Reha added.

Reha picked up a book and held it in her hands. On the book's cover was a photo of a king, and it was titled, "Magadhraj Bimbisara!"

Samidhe asked, "Who is this?"

Reha replied, "The king of Magadh,

Shrenik, who is also known as Bimbisar.”

“Reha, is this the same king who was killed by his own son?” Samidhe asked.

“He wasn’t killed, but out of fear, King Shrenik poisoned himself,” Reha explained.

“Out of fear? Fear of what?” Samidhe became interested in the story. Since there was still some time before the coffee arrived, Reha began telling the story.

“King Shrenik had a son with his wife Chelna. His name was Kunik. As Kunik grew older, he developed a desire to seize the throne while his father was still alive. So, he imprisoned King Shrenik and took the throne for himself. He kept a strict watch over the prison and forbade anyone from meeting King Shrenik. Not only that, but Kunik also harbored an old grudge against his father, and he exacted his revenge by not allowing his father any food or water in prison and whipping him with a hundred lashes daily. The father was deeply saddened. On the other hand, Queen Chelna had a deep affection for her husband. She would secretly go to the king and give him some sweets and medicinal water to drink. This helped the king fall asleep and reduce his pain. Thus, the days passed by.”

“How could someone cause so much pain to their own father?” Samidhe sighed as he said this. Reha took a sip of her coffee and continued the story.

“When Kunik himself became a father, he was filled with love for his son. Once, while Kunik was eating, his young son urinated, and some of it splashed onto Kunik’s plate. But Kunik continued eating without any regret. Then, with pride, Kunik



told his mother, Queen Chelna, ‘No one loves their son as much as I do!’ To this, Queen Chelna responded, ‘Your love for your son is nothing compared to the love your father has shown you!’ And for the first time, Queen Chelna revealed the truth. ‘Kunik, my son, when you were born, I had an intense feeling to eat my husband’s heart. That’s when I realized that someone who was an enemy of my husband had come into my womb. I was not ready to raise you as my son. As soon as you were born, I had a maid leave you in the forest.’”

What? Hearing this must have shocked Kunik! Samidhe was deeply engrossed in the story, holding his cake and coffee. Reha smiled and continued.

“Yes. Then Queen Chelna told Kunik, ‘When the maid returned after leaving you in the forest, your father saw her. Frightened, the maid confessed everything. Your father was deeply hurt and immediately went to the forest to bring you back. When he saw



you, a bird had bitten your finger, and there was a lot of blood. You were crying a lot. Your father put your bleeding finger in his mouth and sucked the blood out, and only then did you calm down. After that, he instructed me that no matter what, we could not abandon our son. Because of his words, I raised you. He never let you lack anything your entire life. He was even going to hand over the kingdom to you, but you couldn't wait. How did you repay your father's love with this betrayal?"

"Oh! Kunik was ready to kill such a loving father just for power?" Samidhe exclaimed. "Reha, what happened next?"

"After hearing Queen Chelna's words, Kunik felt deep regret. All the animosity he had for his father melted away, and he rushed to the jail with an axe to break the chains and release him. Seeing Kunik approaching, King Shrenik thought, 'Today, my son will surely kill me with this axe.' To prevent his son from bearing the sin of killing his own father, the king bit into the diamond ring on his finger, which contained poison, and died instantly."

"Oh my God! No son should ever do something like this to his father!" Samidhe exclaimed in despair.

"Samidhe, aren't we doing



something similar to Dad? Maybe not as extreme as Kunik, but don't we cause Dad some pain as well? Haven't we also failed to recognize his love?" Reha said, looking directly into Samidhe's eyes.

"Reha, what are you saying?" Samidhe asked. Reha had been waiting for this moment.

"Samidhe, do you know why Dad works out of town? Dad has a government job, and he often gets transferred. Initially, he used to take all of us with him. But then I started high school, and you were still very young. The frequent transfers would have disrupted my studies. So, Dad and Mom decided that Dad would live alone at the transfer location and travel back every weekend. Until now, wherever Dad has lived, he hasn't had the comfort of home-cooked meals, the conveniences of home, or the love and atmosphere of a family. Do you think he doesn't miss us when he's away from home? Despite all this, he endures the hardship of living there alone, for whom? For us, Samidhe! So that we can both study well and succeed in life. You may not know this, but to enroll you in hockey, he gave up his rental house and started living as a paying guest. Only then could he afford to pay your coaching fees. Samidhe, without Dad's sacrifices, you wouldn't even have been able to play the match today! And all you notice is that he didn't come to watch the match?"

Samidhe was stunned after hearing this. Reha continued,

"Samidhe, you may not be home, but I've seen it. Dad always asks for regular

**"Reha... I'm..." before Samidhe could say "sorry," his throat choked up, and tears began to flow from his eyes.**

updates about your matches, coaching, and studies over the phone. Whenever he comes home, he brings something special for us from whichever city he's staying in. His thoughts are constantly about his children. So what if he couldn't attend one event? You complain that Dad doesn't give you time, but think about it, who does he spend all his time working for?"

"Reha... I'm..." before Samidhe could say "sorry," his throat choked up, and tears began to flow from his eyes.

Reha immediately placed her hand on Samidhe's head to comfort him and said, "Samidhe, I'm sorry if I said too much, but I couldn't bear it today. Dad doesn't say anything; he doesn't express his feelings. But that doesn't mean he doesn't feel pain. If we speak carelessly without understanding him, it hurts his heart every day. We shouldn't repay Dad's silent sacrifices with the harsh whip of words, Samidhe!"

Samidhe wiped his tears and said to Reha, "Reha! Let's go home. I'll celebrate with the family first, and especially with Dad, the one who truly deserves to celebrate this success!"

# Gnani

## With Youth



**Questioner:** Our generation thinks very fast. And when it comes to my father, a lot of misunderstandings arise between us. How should I adjust to this? Because later I realize that what he said was correct. But at that point in time, I just have an outburst. I backfire. What happens then is that I never comprehend what he was trying to say, and the whole thing backfires. After two or three days, I realize that what he said was right, and I was very wrong at that point in time. But at that moment, I never accept it. I just have an outburst. If my father makes one mistake out of ten, I point it out. But I don't realize that out of ten things he tells me to do, I only do one. I never acknowledge that.



**Niruma:** Yes, that's why you should tell your father, "Dad, this is my weakness." You should tell him like you told me now. He heard it here, but you should still say it again, respectfully, "This is my weakness. When you say something, my intellect doesn't accept it right away. My ego doesn't accept it. But after one or two days, when I cool down, I realize it. So, if sometimes I act stubborn, please forgive me, and support me during that time. My intent is to align with you, to make sure my wavelength matches with yours". Express to him your deep desire for this alignment. Understand? Because it's not about your desires. Just this morning, you came to me saying that you want to go to Mahavideh Kshetra, and that you have no other desires left. It's your birthday today, right? You came for your birthday, right?

**Questioner:** (Nods in agreement on screen)

**Niruma:** Happy Birthday! Everyone, let's wish him. Happy Birthday to you, Happy Birthday to you, Happy Birthday dear... Happy Birthday to you.



## A Glimpse of Dadashri's Book

Those who follow their parents' guidance; they ultimately experience the joy of independence!

**Questioner:** All these parents and children are living together in a society, so how should they live this social life? How should the parents live, and how should the children live? This has become a major puzzle. So, there should be some way to help them understand how to live together in a social life.

**Dadashri:** Everyone should try to give happiness to one another. They should never cause any pain to each other. They should only make efforts to give happiness.

**Questioner:** What is the definition of happiness? How should it be given?

**Dadashri:** Children should behave in a way that pleases their parents; they should remain obedient to them. If they have this understanding, their soul begins to become free. Children should act according to their father's wishes, even if they don't like it. They should still follow their father's guidance, and then reflect on it. If they don't disobey their father, they will experience peace and happiness within. Where does this happiness come

from? If they are dependent, then this is pain. However, happiness arises with independence.

**Questioner:** How does the joy of independence arise?

**Dadashri:** By following the father's instructions. Initially, it may seem like submission, but eventually, they will find happiness in it.

**Questioner:** So it is certain that one should live according to their parents' wishes.

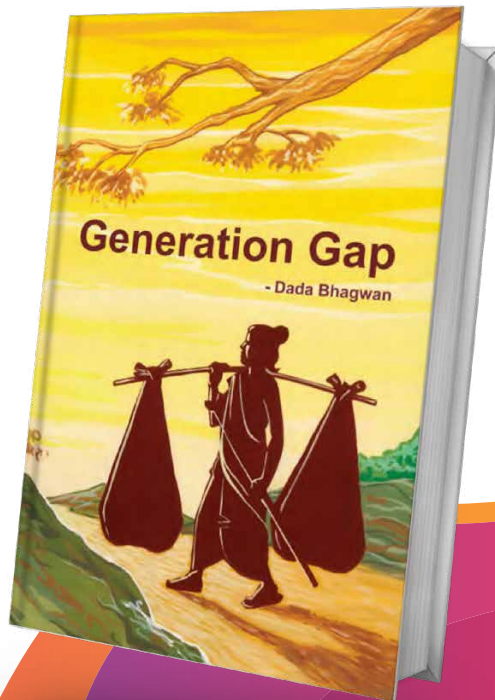
**Dadashri:** Yes, one should indeed live according to them! That is what is called worldly life.

**Questioner:** So, should we strive to please our parents?

**Dadashri:** Yes, you should definitely strive to please your parents and do everything for that.

**Questioner:** The first duty in worldly life is to ensure that parents do not suffer even slightly, whether it be through the mind, speech, or body, in any way. That's the first thing, isn't it?

**Dadashri:** Not just your parents, but everyone. Your uncles, aunts, and all your relatives. And a father should also understand how to fulfil his duties towards his children, daughter-in-law, and son-in-law. One must perform their duties towards everyone.



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## Dinner with Daddy

This month, we have a special task for all our readers!

You need to give your mother a break from the kitchen for once by teaming up with your father.

Together, you and your father should prepare dinner for the entire family. You can also make lunch if you prefer, but make sure not to take any help from your mother!

It would be great if you could prepare your mother's favourite dish as well! Nowadays, all the recipe videos are easily available!

But remember, it's important:

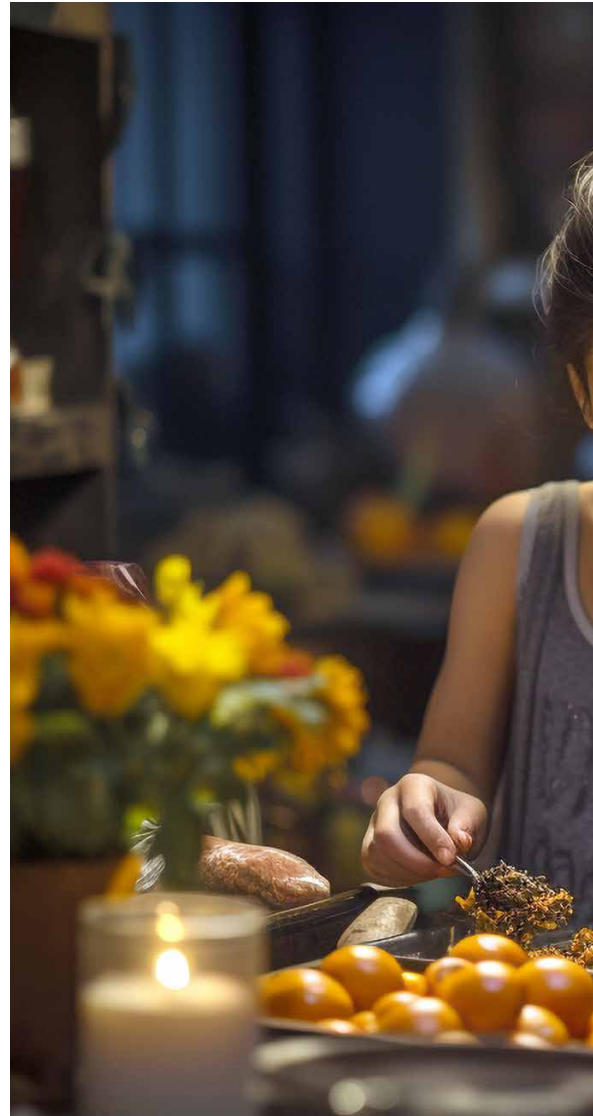
You need to submit a photo of you and your father cooking dinner together, along with your experience of this activity by scanning the barcode provided.

**The best experiences will be printed in our upcoming issue!**

So, youth, are you all ready?  
To make dinner with daddy?



<https://dbf.adalaj.org/AYcontest-June24>





*“The person who sees faults in their parents will never gain any virtues. They may become wealthy, but they will never achieve spiritual progress.”*

*- Dadashri*







## Understand the Heartfelt Intention!

“Dad... Dad... listen, Dad... Look, I downloaded a new game! It’s so exciting! It has five levels. I already passed three levels today! And it even has a multiplayer mode. Will you play with me?”

“All day it’s just games, games, games... Give me a break, Amy! Can’t you see I just got back from the office?” Dad was really frustrated!

“But Dad... just take a look!” Amy said softly.

“Amy... listen... from today onward, no more playing games on your phone. Exams are coming up. Focus on your studies!” Dad said sternly.

“But the exams are still far off,

Dad!” Amy argued.

“Stop making excuses, Amy... Go to your room and start studying!” Dad shouted loudly.

“You’re always angry with me. I’m not going to talk to you anymore!” Amy stomped off to her room, crying.

Amy had downloaded the new game on her phone that morning. She had been waiting since then for her dad to come home so she could play it with him! But Dad was in a bad mood today. Not only did he refuse to play, but he didn’t even listen to Amy. While crying, Amy also felt a lot of anger inside.

**Friends, has this ever happened to you? That you go to talk to your dad about something and he gets angry with you for no reason? So, what should you do in such a situation?**



**Questioner:** Jai Sat Chit Anand, Pujyashree. I am not able to adjust with my dad. I only see his negatives. Whenever he says something, he doesn't speak calmly, he speaks with anger. So, I feel, 'Why can't dad speak peacefully?' This thought arises within, but I keep seeing his faults.

**Pujyashree:** Yes, but when he speaks with anger, we should respond with double the calmness. "Yes, dad, what would you like to say? Yes, I will definitely do it!"

**Questioner:** His behavior is such that he is always right!

**Pujyashree:** That's fine. What's wrong with that? Just accept that he is always right.

**Questioner:** But he doesn't try to understand my viewpoint.

**Pujyashree:** No problem. Just wait and then say, "Dad, you are right, but don't you think we should also consider the other side of the coin? What do you think?" Don't argue with him, but at least provide your input. If he rejects it, return it with thanks! Just take it back. Try talking to him in a friendly manner!

There are two things. No matter how much he gets angry, speaks negatively, claims he is right, or gets irritated with you, if it affects you, then you've lost, right? You've made a mistake, haven't you? Why should you make a mistake? You should do

pratikraman and pray. Before talking to him, for five to ten minutes, pray, “Oh Dada Bhagwan, please give me the strength to speak in a manner that brings closure to his mind.” Then say to File One, “(Your name), speak in such a way that brings closure to his mind. Oh Dada Bhagwan, give me the strength to bring closure to my dad’s mind, give me the strength to speak words that bring closure to him.” Pray and then approach him!

Tell dad, “Dad, please! Will you listen to me for two minutes?”

“What do you want to say?”

“Dad, please! I just want to say that when you asked me to do something, I wanted to, but I have exams, so I won’t be able to do it right now. Sorry! Can I do it after my exams?”

“Okay, do it later.” He may respond angrily.

You should speak calmly. The reason is that the nature of a man is generally more aggressive. The rule is, if we maintain simplicity and peace, after a while, he will gradually calm down. If we get irritated, create separation, or spoil our inner intent, then there’s no chance of changing him! He was right, is right, and will continue to be right after that.

**Questioner:** I try to control myself, but then I feel like, ‘Forget it! I don’t want to share anything next time.’

**Pujyashree:** He always speaks with anger because you have made some mistake that makes him frustrated. He may want to say just two sentences, “This much needs to be done,” but ends up saying a few unnecessary things like, “You

never understand”, “You are completely clueless”, “How many times do I have to tell you?” and “This much needs to be done.” You should catch the point that, “This much needs to be done” and ignore the rest. Understand his point of view and adjust accordingly. Gradually, the communication will improve and his anger will decrease. He isn’t really hot-tempered. It’s because we don’t understand, or we want to do things our way, or we tend to go against him. Due to that he may be getting frustrated.

**Questioner:** My dad’s mentality is that if he says something in front of two or three people, it will stick in my mind, and I won’t repeat the mistake. But that feels wrong to me...

**Pujyashree:** Understand his point of view! “Dad, whether you say it in front of others or in private, I need to understand it, and I need to accept the truth in it. I will change, I promise!” And then, genuinely show him that you have changed after he pointed it out. This will make him happy, thinking, ‘She’s not disobeying me.’ Isn’t that the point? If you disobey him, he becomes frustrated, thinking, ‘Even if I say something, she won’t listen!’ That’s why he says it in front of everyone, believing that it will sink into your brain.

**Questioner:** My dad’s mentality is that if he has something to say, he has to say it this way.

**Pujyashree:** Grasp his point of view and solve the problem. Why should we...? Today it’s dad; tomorrow it will be your father-in-law, your husband, or maybe a boss at the office. So, we will need to adjust

somewhere, won't we? Strengthen your power of adjustment here itself. Become strong with the people at home. Understand dad's point of view and adjust. Follow this rule! And when you feel upset or see negatives, do pratikraman in private. And later, during samayik, think, 'I don't

want to see faults! I want to see his heart. People who get angry have a clean and kind heart!' Understand the feelings in his heart! What is he trying to convey? If we take something positive from it, even he will gradually stop getting irritated with us.

Amy cried herself to sleep in her room. Just then, the doorbell rang. Mom came home and called out.

"Amy, dear... look, I brought your favourite Italian bread. Come, let's make sandwiches."

"She's asleep in her room. She was busy with her games. I really scolded her today!" Dad replied.

"Instead of getting angry, you should have explained it to her," Mom gently said.

"What can I do? Her addiction to games on her phone keeps growing. I know, I was the one who encouraged her to play in the beginning, but now it's gone too far!"

"That's true. She spends hours on her phone. And when I say something, she doesn't listen," Mom added.

"But I shouldn't have gotten angry. Everything just came out all at once today. She argued back, and then I couldn't explain things to her properly. It's not Amy I have a problem with; it's the games on her phone. I just want to make sure she doesn't get distracted during her school years. She's smart. If she spends less time on games, she can score really well. But I don't know how to make her understand. I really shouldn't have gotten angry," Dad said regretfully.

Amy had woken up since the doorbell rang. She stood behind the door of her room, listening to everything. Amy was sensible. She quickly understood the reason behind her dad's anger and accepted it. She wiped her eyes and went outside.

"Dad... I'm sorry, Dad! I didn't listen to you. Look, I'm deleting all these games from today! I'll do whatever you say!" Amy said as she deleted the game. Dad hugged her with joy!





**Friends... you should try it too. If you try to understand the intention behind your dad's anger, you'll see your own mistakes as well as his heart!**

**If you accept those mistakes, your dad will be very happy. After all, he only says it for your own good, right?**

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## Inspirational

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# Poem

Samajvamaa thodo agharo evo papano kirdaar che...  
Maathe javabdaari hati etle prakruti vajandaar che...

Banne paksho boli shake nahi, ke maathe maunno maar che...  
Swapney tamaru heet vichare, bhaav ati udaar che...

Ganya gani shakay nahi, emna roon apar che...  
Krodh dekhay aave khulo, prem adrashya apaar che...

Maan raakhvu ne kahyu karvu balakni javabdaari che...  
Vaat to karo kadi, premthi gooncho badhi ukelnaari che...

Jemne bharya che pet, kevi rite bhari shako rosh koovo?  
Sudharshe vartan din ek, bas hridaythi na doosh juvo..

Gnani samjave ke sansaare maa-baap sthan ati badu...  
Vaat samji jay vakhate, e sansaare paame sukh rookadu...

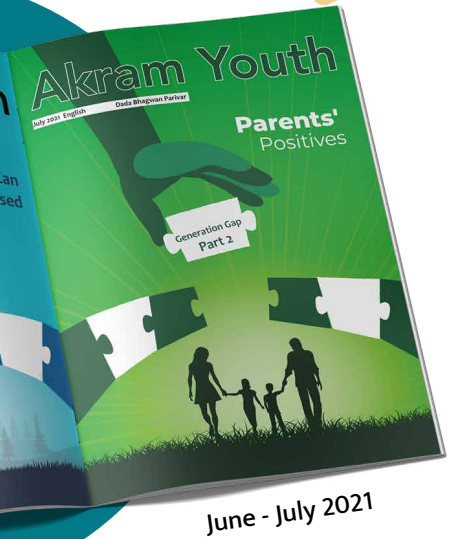
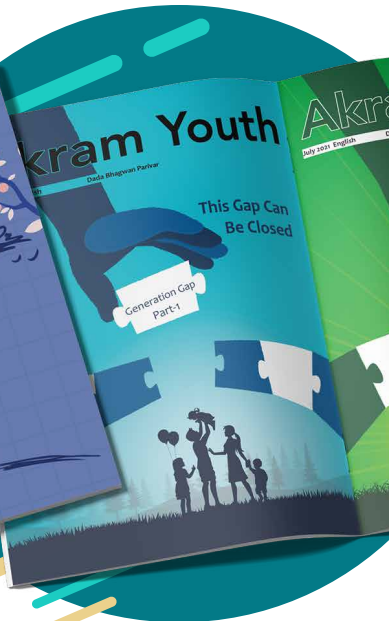
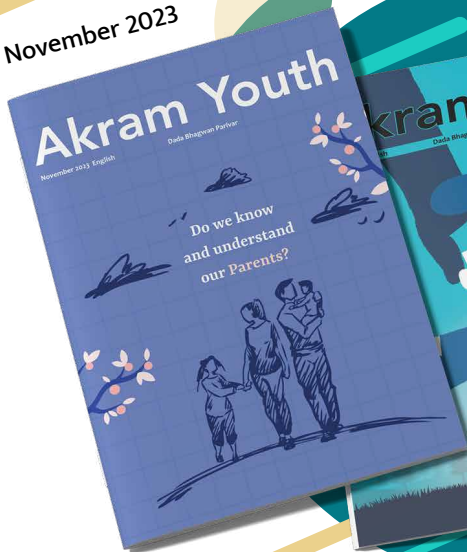


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